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Expressive healing a community music centre in Sunnyside, Pretoria

Kelly, Adrian Frederick

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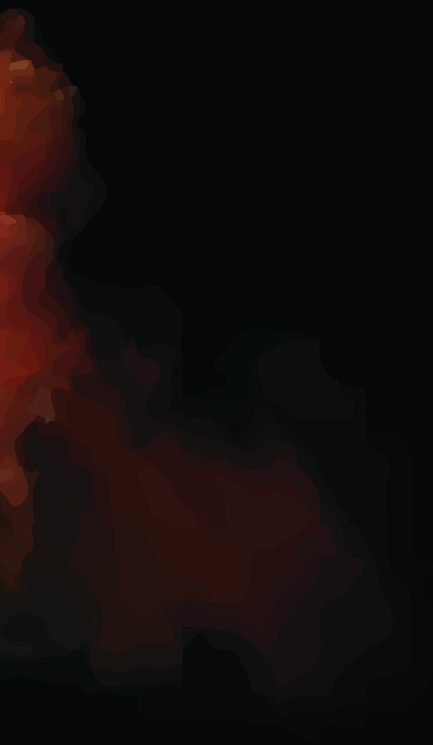
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Abstract

Music is a therapy.
It is a communication
far more powerful than words,
far more immediate,
far more efficient.

- Yehudi Menuhin
(Menuhin, n.d.)



The Community Music Centre is a centre focused on prophylactic measures of treatment for conditions related to bad mental health. The centre will aim to merge three typologies or programs with a common goal of mental wellbeing. The three different programs are explored and interwoven to find a reciprocal relationship between the respective programs of artistic performance, community centre and music therapy.

This thesis is a study of music therapy practices, prophylactic methods of psychological therapy, mental wellbeing and the role of arts within this field. The end goal of the thesis is to identify and explore typologies for maintaining mental health and to identify the role music can play in the mental wellbeing of members within a community, and how this can be facilitated by a new architectural typology.

Figure 2. Psychadelic head (Anon. 2017)